

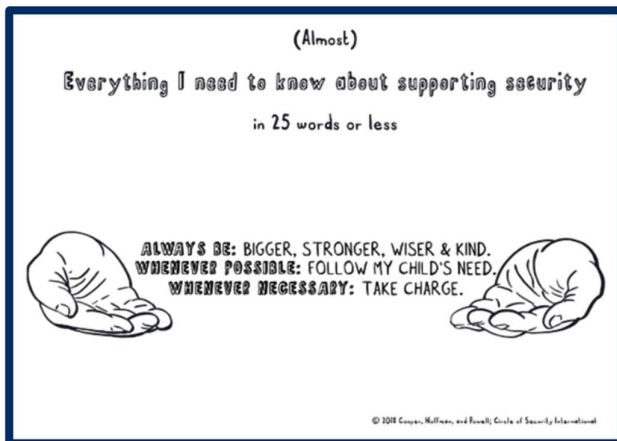
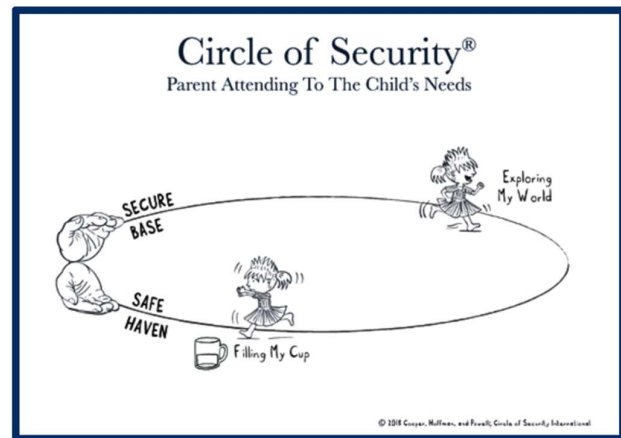
Circle of Security Parenting™ Program & Speech Pathology Tasmania

Circle of Security Parenting™ Program is a program that we value enormously at SPT. We have been using it in our clinic for over 10 years. It is a highly effective parent-child attachment program. We love its warm, accepting, non-judgmental, non-blaming approach to exploring attachment. We are delighted to offer the Circle of Security® as an interactive online workshop and as an in-person program.

What is attachment?

Attachment is an empowering quality within interpersonal connection. It enables trust, calm security, and connected freedom within relationships.

It underpins language development, social development and good mental health – for parents and for children. The Circle of Security® brings the understanding that the skills of attachment can be learned and practiced. And that the insights gained can benefit *a//*relationships.



The Circle of Security

The Circle of Security® has been built across more than 60 years of research. It teaches a scientific and compassionate way of understanding the processes of secure attachment. It teaches these processes by presenting accurate information. It draws on the power of metaphor, simple graphics, and group-based dialogue.

It is a safe, healthy, expansive, inspiring, challenging, hope-making, kind, and robust program. It lays no blame of any kind. It invites each of us, as participants, to observe our own lives and the lives of our children with respect and dignity. It invites us to make the learnings for our individual circumstances.

“The program has really helped me in many areas in life, friendships, work, family. I can see how the attachment theory can work in many other areas.”

Circle of Security Parenting™, Participant

“It was a fantastic course and I still regularly think of and try to apply some of the core ideas: being present in all of the emotions, bigger/stronger/wiser/kind, mis-cues, shark music...”

Circle of Security Parenting™, Participant

Reciprocal flourishing

There are no experts in this program. It creates a reciprocal sharing of information that supports human flourishing. It builds positive relational skill and positive relational change for parents and all people. We believe that the Circle of Security® is an important contribution to building kinder, safer, and more empathetic communities.

Where we deliver the Circle of Security Parenting™ Program

SPT facilitate the COSP® Program for:

- Individual parents in the community, delivered by a face-to-face online workshop.
- Community groups of young parents in partnership with not-for-profit organisations, delivered in person or by a face-to-face online workshop.
- Groups of incarcerated mothers at the Mary Hutchinson Women's Prison delivered in person with support staff.
- Groups of incarcerated fathers at the Risdon Prison complex delivered in person with support staff.

Not-for-profit Organisations

Speech Pathology Tasmania is proud to facilitate the Circle of Security Parenting® (COSP) program for young parents through partnerships with not-for-profit organisations. These groups provide essential support to parents navigating the challenges of raising children, many of whom face social or financial hardships. COSP helps parents build strong, secure attachments with their children, fostering emotional regulation, confidence, and early language development. By offering this program, we aim to break cycles of insecurity and create a foundation for healthier, more connected families, ultimately strengthening our broader community.

Prison System

SPT have had the great privilege of delivering the Circle of Security at Tasmania's prison. We are grateful to have both witnessed and experienced many transformational moments as the team has worked together with the participants and others in the prison system.

Circle of Security is not a criminogenic program, and it was not developed specifically for prisoners. It was developed for all human beings who are parents, who were parented (that's all of us), or who expect to be parents. It supports us all in strengthening attachment; a quality that underpins our common humanity. Prisoners, with the many and painful disadvantages they have so often suffered, and the most privileged and highly educated among us, will all make gains through participating in the Circle of Security. The gains emerge within the deep places that are common to us all as thinking, feeling, human beings.

The facilitators



Rosie Martin is a speech pathologist, criminologist, and an experienced facilitator of COSP™ groups and conversations (dialogue). She has delivered the Circle of Security Parenting™ program more than 40 times in both community and prison settings. Each session deepens her understanding of attachment and human connection.

Rosie is passionate about fostering secure relationships and believes that meaningful change happens when people feel seen, heard, and valued. She brings warmth and insight to every COSP group, helping parents and caregivers build stronger, more nurturing connections with their children and within their own lives.

Rosie celebrates the Circle of Security® mantras *'It's never too late'* and *'Always be bigger, stronger, wiser and kind!'*



Mariam Seeney is a speech pathologist and a Circle of Security Parenting™ facilitator. She has extensive experience delivering COSP, particularly in men's and women's prisons, where she has led deeply impactful sessions. Reflecting on one group, Mariam described it as "one of the most intense, confronting, moving, and rewarding experiences."

Mariam also offers one-on-one COSP sessions in the clinic, helping parents cultivate secure and nurturing bonds with their children. She believes that every parent has the capacity to create a positive, lasting impact in their child's life.



Helen Keen is a speech pathologist and experienced group facilitator delivering the Circle of Security Parenting™ Program. With a background in supporting families, Helen brings warmth and understanding to her work, helping parents strengthen their relationships with their children.

She has successfully facilitated COSP online with community groups, making the program accessible and engaging for a wide range of participants.